

Photos by Staff Sgt. Tramel S. Garrett, 25th Infantry Division Public Affairs

The 2nd Sqdn., 6th Cav. Regt., 25th CAB, OH-58D, Kiowa Warrior, receives a Hawaiian Kahu blessing after being officially donated to the Pacific Aviation Museum, Oct. 15.

2-6th Cavalry Regiment holds sunset uncasing

CAPT. HEBA BULLOCK

25th Combat Aviation Brigade Public Affairs 25th Infantry Division

WHEELER ARMY AIRFIELD — The Pacific Aviation Museum hosted a Sunset/Uncasing Ceremony in honor of the 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade's successful nine-month deployment to the Republic of Korea, Oct 15.

The unit uncased its squadron's colors, signifying the successful completion of the deployment and the return of the unit, officially ending the deployment.

The ceremony was held in front of a historical OH-58D "Kiowa Warrior" helicopter that was donated to the museum by the squadron, as the aircraft is transitioning out of active military service in the U.S. Army.

The Kiowa received a Hawaiian blessing, or Kahu, as part of the tradition for aircraft hanging in the hollowed land.

"This ceremony is a monumental day in the Army aviation community.

Lightning Horse Squadron's history," stated Lt. Col. Aaron Martin, squadron commander, 2-6th Cavalry. "Eight days ago, we cased our colors completing our nine-month deployment in support of 2nd Infantry Division and the Republic of Korea. This was 2-6th Cav.'s final mission with the Kiowa Warrior."

Lt. Gen. Anthony Crutchfield, U.S. Pacific Command deputy commander, spoke not only of the history and strength of the aircraft, but also of the spirit of the Cavalry aviators.

"Kiowa Warriors have flown over 2 million flight hours since being fielded in the Army," he said, "Units like 2-6th Cavalry with Cavalry spirit – brave, warrior-spirited aviators, just like their aircraft's namesake – always support the ground force in every way possible."

The ceremony not only celebrated the retirement of the aircraft and the return of the unit; it also celebrated aviators, past and present, who have made sacrifices and paved the way for the Army aviation community.



Lt. Col. Aaron Martin, squadron commander, 2-6th Cav., and Command Sgt. Maj. Gonzalez, squadron command sergeant major, 2-6th Cav., uncase the squadron's colors at the Sunset/Uncasing Ceremony, signifying the end of their nine-month deployment, Oct. 15.

3-25th Aviation sends team to help Royal Brunei Air Force

1ST LT. SAMANTHA JEWELL

3rd Battalion, 25th Aviation Regiment
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

BRUNEI — In efforts to expand relationships in the Pacific, 3rd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, sent representatives to Brunei to advise the Royal Brunei Air Force (RBAF) on aircraft maintenance best practices, in September.

Chief Warrant Officer 3 Brent Adams, Delta Company, 3-25th's production control officer and UH-60L/M maintenance test pilot, and Chief Warrant Officer 2 Everett Colby, Delta Company, 3-25th's aviation maintenance technician, traveled, here, for three weeks to facilitate techniques and guidance with RBAF as it shifts to the S-70i helicopter.

"The assistance we are providing here in Brunei is helping establish a program that is in the beginning stages and establishing it, so they may be successful not only tomorrow, but five to 10 years down the line, "said Colby.

"Through instruction in proper maintenance techniques,

the establishment of an operational phase flow, and empha-

sizing a prioritization and investment in maintenance, the Royal Brunei Air Force has the tools and capabilities to be successful at the next level," he added.

Throughout their time in Brunei, Adams and Colby have conducted swash plate link bearing replacement with eight mechanics, 40-hour and 120-hour inspection techniques, and methods to properly store, maintain, and inspect equipment, and multiple maintenance test flights.

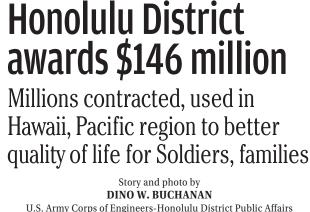
ment, and multiple maintenance test flights.

"Our (25th CAB's) recent fielding of UH-60M make Brent and Everett uniquely qualified to assist the Royal Brunei Air Force with their transition to the S-70i helicopter," said Maj. Justin Mullins, 3-25th Avn. Regt. executive officer. "These two officers represent the best of 25th CAB with their depth of technical expertise and professional acumen."

After sharing their experience with RBAF, Adams and Colby met with Col. Ma, the Singapore Defense Attaché Office; Maj. Walee, squadron commander; and Maj. Khanal, RBAF senior engineering officer, where they discussed current and future objectives and long-term intent on maintaining U.S.-Brunei military relations.



Photo by Chief Warrant Officer 2 Everett Colby, 3-25th Aviation Regiment, 25th Combat Aviation Brigade



Officials from the USACE, USAG-HI, DPW, 29th BEB and MP

units are collectively responsible for Schofield's new South

Range Road Project area. The 101-acre complex was built by

U.S. Army Corps of Engineers-Honolulu District Public Affairs

FORT SHAFTER — The U.S. Army Corps of Engineers-Honolulu District recently completed a very successful Fiscal Year 2015 (FY15), during which 534 contract actions were awarded – totaling \$146,692,463.

Honolulu District contract actions signify the Corps' commitment to providing high-quality facilities to the armed forces of the U.S. and to protect and improve the lives of the people of Hawaii and the region.

The benefit to our Soldiers and families is immeasurable. Honolulu District is committed to building projects that improve the quality of life for service members and their families, as well as providing jobs that stimulate the local economy.

During FY15, Honolulu District completed more than \$159 million in construction, which includes \$101.6 million in military construction, \$52.9 million in operations and maintenance, and \$4.4 million in civil works/interagency and international services construction.

The District completed and turned over 13 construction projects worth \$253 million to customers in FY15, including the renovation of Quad D Barracks, the Central Vehicle Wash Facility and South Range Campus at Schofield Barracks, and the Child Development

Center at Fort Shafter.

The District also completed two photovoltaic projects that can generate up to 748 kilowatts of electricity.

Chief Warrant Officer 3 Brent Adams of Company D , 3-25th Avn. Regt., conducts a maintenance test flight with the Brunei Royal Air Force.



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Public Affairs Office 745 Wright Ave., WAAF Building 107, 2nd Floor Schofield Barracks, HI 96857-5000

Website:

www.hawaiiarmyweekly.com Nondelivery or distribution 656-3155 or 656-3488

Contributing Commands U.S. Army-Pacific Russell Dodson, 438-2662 25th Infantry Division MAJ Shea Asis 655-6343 2nd Stryker Brigade

Combat Team CPT Rich Barker 655-0738 3rd Brigade Combat Team CPT Tanya Roman

655-1083 25th Combat Aviation **Brigade**

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-Police Call+

Motorcycle safety is an ever-pressing issue

Director, Emergency Services

U.S. Army Garrison-Hawaii, and Commander, 8th Military Police Brigade, 8th Theater Sustainment Command

Motorcycling has become increasingly popular in the Army with over 30,000 motorcycle operators regis-

In Hawaii, it is an activity that can be enjoyed all year with year-round sunshine and beautiful scenery.

Operating a motorcycle is also inherently more risky than operating an automobile. Nearly 50 percent of the private motor vehicle fatalities last fiscal year were with Soldiers involved on motorcycles.

In order to mitigate this risk, motorcycle operators are required to conduct mandatory progressive training and wear personal protective equipment (PPE) while operating a motorcycle. PPE will consist of the fol-

The following happened from Oct. 1-15.

1 - Traffic accident with damage to government

Hawaii Armed Services Police (HASP)

1 - Assault against a law enforcement officer

Aliamanu Military Reservation

1- Larceny of private property

1 - Under the influence

3 - Duty upon striking

1- Larceny at Exchange

1 - Traffic accident

Fort Shafter

Police Beat

- •A DOT approved helmet. •Proper eve protection.
- Proper foot protection.
- •Proper protective clothing.
- •During low-light hours, proper reflective clothing. Mandatory progressive train-

ing may consists of the follow-

•Motorcycle Safety Founda-

tion- (MSF-) based Basic Rider Course (BRC). Experienced Rider Course/BRC-II course, depending on type of motorcycle.

- •Motorcycle Refresher Training.
- •Sustainment training.
- •Unit-based motorcycle mentorship program. In order to effectively monitor this program, the Di-

random periodic checks at all U.S. Army Garrison-Hawaii access control points.

Riders may be asked to pull over in order to provide the proper licensing and safety cards to the access control personnel. Please have these documents read-

More Online

For more details, review U.S. Army Hawaii Policy Letter 6 and Army Regulation 385-10.

ily available in order to speed up this process.

For more information on the services and personnel who support this community, visit the Directorate of Emergency Services at www.garrison .hawaii.army.mil/des/default.htm.



1 - Disorderly conduct

- 3 Duty upon striking
- 1 Larceny of Exchange property
- 9 Under the influence

Schofield Barracks

- 5 Assault
- 1 Abuse of a family or household member
- 1 Assault consummated by battery 3 - Damage to government property
- 3 Damage to private property
- 2 Domestic without assault
- 1 Endangering the welfare of a minor in the second degree
- 1 Larceny of government funds
- 3 Larceny of government property

- 2 Larceny of private property
- 1 No driver's license
- 1 Under the influence
- 1 Shoplifting
- 2 Suicidal ideation
- 2 Traffic accident
- 1 Theft in the fourth degree
- 2 Unattended child
- 1 Unauthorized entry into motor vehicle in the first degree

Tripler Army Medical Center

- 1 Accident damage to private property
- 1 Absent without leave
- 2 Duty upon striking



Photo by Mass Communication Specialist 2nd Class Johans Chavarro

MARINE CORPS BASE HAWAII, Kaneohe Bay — The U.S. Navy Flight Demonstration Squadron, the Blue Angels, perform aerial acrobatics during the 2015 Kaneohe Air Show, here. This year's theme for the air show was "Joining Forces with the Community," which hosted an array of acrobatic aerial performances by civilian performers, and military drills and demonstrations by the U.S. Navy, Marine Corps, Army, Air Force and Coast Guard.

FXTSTEPS in FAITH

Recognition usually breeds motivation

CHAPLAIN (CAPT.) RYAN D. MORTENSEN 2nd Battalion, 11th Field Artillery Regiment

2nd Stryker Brigade Combat Team 25th Infantry Division Not meeting your boss's expectations? Feeling un-

derappreciated? Are you thinking that nobody even notices the hard work you put in day after day? We all get beat up by the culprit called "recogni-

I have seen talented people throw their hands up in the air and give up on projects, physical endeavors, relationships and even life because of the lack of recog-

nition they received from their "support system." There are two things I want us to think about this week: Who are you performing for and who are you motivating? If we are performing for other people, we will find ourselves chasing happiness and acceptance only to find disappointment and frustration.

I believe recognition breeds motivation, so what happens if your hard work goes unrecognized? What happens when you put in another 60-hour workweek and receive no pat on the back for your hard work?

Too often, we leave work venting to our friends or spouse about how unfair our situation is. Here's the



Mortensen

thing: Mankind will always disappoint us.

When I am stressed or have thoughts of feeling underappreciated, I meditate on Colossians 2:23: "Whatever you do, work at it with all your heart, as working for the Lord, not for

This reminds me that I am guided by my values and not my emotions, which often

breed anger, hostility and destruction. Knowing I work for the Lord, I know that my contributions will never go unrecognized, and I am certain He will say, "Well done good and faithful servant!"

So, then, who are you motivating?

Isn't it funny that we want to be recognized for all the work we do, but find excuses to not recognize those around us? Are we part of the problem? I would say we

Sometimes we take on this attitude of, "Well, I never got an award for that, so why should they?" or "They performed the standard. Big deal! They don't deserve

an attaboy or pat on the back for that!"

You will be surprised by how a seemingly insignificant positive comment made towards someone will motivate them to step up their performance. Someone needs to break the cycle of negativity and that person

Are your emotions or are your values dictating your attitude?

Thessalonians 5:11 says, "Therefore encourage one another and build each other up."

Do you want to be remembered as a builder or as a wrecking ball? Be the change you want to see in the

The recognition we want will oftentimes come through the recognition we give. The Apostle Paul said, "Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves, not looking to your own interests, but each of you to the interests of the others" (Philippians 2:3-4).

Are you more interested in helping yourself or are you more interested in helping others? We can throw our hands up with frustration, disappointment and anger, or we can allow our values and ethics to motivate those around us.

In support of National Bully Prevention Month,

"What's the best way to stop bullying?"

By Hawaii Army Weekly staff



dren on conflict management. Nobody deserves to be in a hostile environment on a daily basis."

"Educate our chil-

1st Sgt. Antonio Davis Dakota Troop, 3-4th Cavalry



dence to stick up for themselves."

Tanzania Ertel

"We need to instill



about it. Anyone who's hiding it, can't change their situation.

"Let someone know

Sgt. Rebekah Jones Bravo Co., 307th Expeditionary

Signal Battalion



Teach children the proper ways to handle bullying – to stand up to it and step in and say something when it happens."

Sgt. David Talarczyk Command Group, Headquarters Support Co., Headquarters and Headquarters Battalion, 25th Infantry Division



selves on how to reinforce our selfesteem and selfworth. It's difficult to bully someone who is confident."

'By educating our-

Staff Sgt. Vidal Whitlow Charlie Company, 29th Engineer Battalion

'Broncos' go on maintenance, supply, terrain walk

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers with the 3rd Brigade Combat Team, and Headquarters and Headquarters Battalion, 25th Infantry Division, attended a terrain walk throughout various maintenance and supply areas, here, Oct. 15

The terrain walk is a form of the Leadership Development Program (LDP) for executive officers from brigade to company, battalion supply officers (S-4s) and maintenance control officers from the various battalions throughout 3rd BCT.

"The purpose of the terrain walk is to educate officers on field level and sustainment level maintenance," said Chief Warrant Officer 4 Kent Shepherd, senior ground maintenance warrant officer, 25th Sustainment Brigade.

Shepherd said that the Soldiers present were to start at the 325th Bde. Support Bn. motor pool, visit 325th BSB's Supply Spt. Activity (SSA), the arms and CBRNE (chemical, biological, radiological, nuclear and explosives) rooms, a look at the 536th Spt. Maintenance Company, and an introduction to the Logistics Readiness Center at East Range.

"There's a lot of hierarchy in terms of mainte-

nance," he said, "so we want to give them a mountaintop overview of the hierarchy functions and where to find those support agencies across Schofield Barracks."

1st Lt. Victoria Lee, an officer assigned to 2nd Bn., 27th Inf. Regt., was one of the more than 50 officers and warrant officers present.

"I'm here to learn how the processes work for our brigade when it comes to any kind of sustainment, maintenance and supply," Lee said.

Kicking off the terrain walk was Brig. Gen. Patrick Matlock, division deputy commanding general-Support, 25th ID, who spoke to the leaders present at the motor pool.

"Knowing what your maintenance activities are in your formation is an important thing to think about, then putting them all together to solve all of the problems that you have been told to solve," Matlock said.

Matlock stressed some of the old school values being brought back into maintenance and supply issues, and strong reminders of where maintenance activities exist.

"The motor pool is the obvious maintenance activity," he continued. "That's the one everybody thinks of immediately. Your arms room is a maintenance activity. Your CBRNE room, that's a maintenance activity. Your commo room is a maintenance activity."

After the motor pool visit, Chief Warrant Officer 2 Johnny Sanchez, an armament repair technician assigned to the 325th BSB, gave an arms and CBRNE maintenance activity to the visiting officers

"I just want to show what right looks like," Sanchez said. "I basically want to show that cleanliness is the main process we need done at the unit level, small user level, and that will help us bring our weapons maintenance focus into a clearer picture."

Before the officers, he stressed the key factor for the proper maintenance of arms to keep them working for the long haul.

"I cannot work on a weapon if it's dirty," he said.

At the 325th BSB's SSA, Chief Warrant Officer 2 Daniel Cadena, accountable officer assigned to Co. A, 325th BSB, explained the importance of not only proper ordering, but also picking up ordered parts and supplies once they arrive at the SSA

"They know this is something they need to incorporate into their weekly battle rhythm to come down and check on their Soldiers – to make sure they're doing the right thing and they're doing their due diligence on picking up their supplies on time," Cadena said.

At the end of the day, the officers and warrant $\,$

officers of the 3rd BCT and HHBN gained a valuable understanding of the Army standards within the maintenance and supply activities throughout Schofield Barracks.



Brig. Gen. Patrick Matlock, division deputy commanding general-Support, 25th ID, speaks to 3rd BCT executive officers, battalion supply officers and maintenance control officers inside the 325th BSB motor pool bay at Schofield, Oct. 15.

Loden, Allen are selected as NCO, Soldier of Quarter

SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers assigned to 3rd Brigade Combat Team, 25th Infantry Division, demonstrated their Soldiering skills by conducting several individual Soldier tasks during the brigade's Noncommissioned Officer (NCO) and Soldier of the Quarter Competition, Oct. 13-14.

The NCO and Soldier of the Quarter competitions are used to select the brigade's most outstanding NCO and Soldier.

"I think these competitions help Soldiers set themselves apart from their peers and shows their willingness to progress in the Army," said Spc. Derek Allen, assigned to Bravo Company, 29th Brigade Engineer Battalion, 3rd BCT, 25th ID.

Starting at 6 a.m. on day one, candidates had to prove their physical fitness level by passing an Army Physical Fitness Test (APFT), followed by height and weight screening to make sure they met Army standards. Not meeting the standards resulted in elimination from the competition.

After all the competitors passed their APFT, each NCO and Soldier was evaluated on five warrior skills. They were tested on requesting med-

ical evacuation, submitting a SALUTE report, calling for fire, using a map to identify terrain features and evaluating a casualty.

Once they completed the warrior tasks, they drew weapons and headed over to the qualification range to show their marksmanship skills.



Sgt. Levon Locken, assigned to Charlie Co., 325th BSB, 3rd BCT, 25th ID, conducts first aid on a simulated casualty. He uses a tourniquet on the arm of the casualty during the NCO/Soldier of the Quarter Competition, at Schofield, Oct. 13.

Every candidate successfully qualified and earned their spot in the next obstacle.

The next obstacle the candidates faced was the Land Navigation Course on East Range. For some of the Soldiers, this task would be easier than the others.

Having dealt with land navigation during the three-month deployment he had just finished, Allen said most of it was still fresh in his memory.

Each Soldier had to successfully find four different points during daylight hours and then again, once it was dark, to prove each could navigate the terrain in both circumstances.

Following the land navigation, each candidate received a written exam. Those who passed moved on to the final event, the Knowledge Board, on the final day of competition.

By the end of the day, only one NCO and one Soldier would walk away the winner.

Set Levon Locken, assigned to Charlie Com-

Sgt. Levon Locken, assigned to Charlie Company, 325th Bde. Support Bn., 3rd BCT, was named the NCO of the Quarter.

Spc. Derek Allen was named the Soldier of the Quarter.

By winning, each Soldier has earned the honor to represent 3rd BCT in the 25th ID NCO and Soldier of the Quarter competition when it is underway soon.

Task Force Raider leads brigade-mounted crew qualification

2ND LT. JOSEPH SALMENTO
3rd Squadron, 4th Cavalry Regiment
3rd Brigade Combat Team
25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — nery Table V and ducted on Oahu.

Brigade Combat Team through a series of mounted gun crew qualifications from Sept. 3-Oct. 4.

Operation Raider Conquest deployed Soldiers from the troops assigned to 3rd Squadron, 4th Cavalry Regiment; Delta Company, 2nd Battalion, 35th Infantry Regiment; 29th Brigade Engineer Battalion; and 74th Explosive Ordnance Disposal Company – all in 3rd Brigade Combat Team; and the 558th Military Police Company, 8th MP Brigade, 8th Theater Sustainment Command, here.

Raider Squadron provided mission command and logistical support for this operation.

Before deploying to PTA, each crew qualified with its vehicles weapon system, such as the MK19 40 mm grenade launcher, M2 .50 caliber

machine gun, or M240 7.62 mm machine gun. This qualification prepared the crews to successfully operate their weapon system.

25th Infantry Division At PTA, each vehicle crew accomplished Gun-POHAKULOA TRAINING AREA, Hawaii — nery Table V and Table VI, which cannot be con-

> Crew practice trained crews to engage moving and stationary targets at Table V using all of the vehicles weapon systems.

The crew qualification evaluated crews at Table VI engaging moving and stationary targets using all vehicles weapons systems while in offensive or defensive postures.

Over 30 crews successfully qualified on Table VI and received their crew certification.

The next step in their training is Table VII, the section proficiency exercise, which involves multiple vehicles, and squads firing and maneuvering together.

(Note: Salmento is the unit public affairs representative for 3-4th Cav.)



Photo by Sgt. Kurtis Criss, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division

A mounted weapons crew from 29th BEB, 3rd BCT, conducts MK 19 40 mm grenade launcher qualification at PTA. The crew was part of Task Force Raider, which conducted mounted gun crew qualifications for 3rd BCT battalions, Sept. 3-Oct. 4.

HAWAII ARMY WEEKLY **A-4** | OCTOBER 23, 2015

3-25th Avn., 3-7th FA partner w/Zealanders

3rd Battalion, 25th Aviation Regiment

25th Combat Aviation Brigade 25th Infantry Division

BRADSHAW ARMY AIRFIELD, Hawaii — The 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, conducted a live-fire gun raid air assault with 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th ID, as both partnered with the Royal New Zealand Artillery at Pohakuloa Training Area (PTA), here, last

The air assault consisted of three CH-47 Chinook and two UH-60 Black Hawk helicopters air assaulting two M119A2 Howitzers with gun

"This was the first time we executed a live-fire gun raid with Soldiers from New Zealand," said 3-25th Avn. Regt.'s executive officer, Maj. Justin Mullins. "Our aircrews trained with 3-7th FA and the Royal New Zealand Artillery Soldiers for three days prior to the air assault, setting conditions for an overwhelmingly successful operation. They conducted cold load training and sling load operations with the M119A2 Howitzer, culminating in the two gun raids to PTA."

3-25th supported the train up and execution of the gun raid over the course of three days with multiple trips to PTA.

The aircrew's criteria for an air assault is landing within 30 seconds of time on target. In September, Company B, 3-25th Avn. Regt. Chinook helicopters departed Wheeler Army Airfield on Oahu and landed at PTA on the Big Island within three seconds of the time on target.

Once on the ground at firing point 435, the firing teams exited the aircraft, set up their respective howitzers, and fired four rounds each, all within a span of approximately 10 minutes.

"This mission was an overall success with 3-7th FA and Royal New Zealand Artillery Soldiers," said 3-25th Avn. Regt. battalion commander Lt. Col. Andrew Graham. "Our crewmembers' abilities to execute an interisland live-fire gun raid to high standards is what we strive for during our daily operations. We look forward to conducting future operations with 3-7th FA and their Royal New Zealand Artillery counterparts."



Members of 3rd Bn., 25th Avn. Regt., and 3rd Bn., 7th FA Regt., train together at PTA, in September. The units were joined by New Zealand soldiers as the three groups drilled in gun



Photo by Air Force Tech. Sgt. Aaron Oelrich

A C-17 Globemaster III, from the 535th AS at JBPHH, completes an air drop of four combat delivery systems on Kahuku Training Area in March. The air drop resupplied the Army's 25th ID during exercise Lightning Forge.

15th Wing airmen support 25th ID's Lightning Forge

TECH. SGT. AARON OELRICH Joint Base Pearl Harbor-Hickam

JOINT BASE PEARL HARBOR-HICKAM - The 647th Logistics Readiness Squadron (LRS) and 535th Airlift Squadron (AS) conducted two resupply air drops in support of the 25th Infantry Division's exercise "Lightning Forge.'

The airdrop was accomplished using two C-17 Globemaster III aircraft, which dropped 11,200 pounds of supplies over two days.

In total there where 16 pallets containing 576 boxes of Meals, Ready-to-Eat and 64 ammunition containers, critical to the 25th ID training objectives.

"The mission was to resupply the Army units on the ground in support of Lightning Forge," said Maj. Andrew Beckett, aircraft commander and the mission commander from the 15th Operations Group. "For this exercise, rather than the training bundles that we would normally drop, we actually have people that are relying on us to receive the materials. It added realism to the training."

According to Army Sgt. 1st Class Roderick Buck, from the 5th Battlefield Coordination Detachment, 380th Ground Liaison Office, attached to the 15th Wing, exercise Lightning Forge is a force-on-force scenario involving eight battalions for the 25th ID.

The exercise is used to prepare the 25th ID for its Joint Readiness Training Center rotation. The JRTC is used to certify Army units

Coordination between the 25th ID and the 15th Wing started in late January and continued through the recovery of the airdrop in early March. The coordination for the airdrop was facilitated by Buck and Army Capt. Gilbert Parker, both from the 5th BCD. According to Buck, their job is working out all the small details in joint operations and translating what the Army wants from the Air Force and what the Air Force needs back from the Army.

"Coordination and communication are key, when you emphasize on joint capabilities; communication is a decisive factor in the success of an operation," said Parker.

The airdrop was a combined effort by the 25th Transportation Company delivering supplies to the 647th LRS palletized and preparing the supplies so that 535th AS could drop them to 25th ID personnel on the ground.

"The C-17 is optimally designed to support the Army. It can carry Strykers, tanks, support gear. ... It can conduct airdrops of supply, personnel and gear in to theater, so actually training with the Army units out here is a great opportunity," said Beckett.

According to Buck, future joint operations will increase the communication to the Air Force through in-depth briefings on Army operations and the Air Force's roll in them.

"(We) work in parallel towards the same objective," said Parker.

Army has changed its basic combat training design

In Part 4, safer PT, training the trainer gets discussed

C. TODD LOPEZ

"When Soldiers come in, they know nothing about how the Army conducts physical fitness, iid Thriso Hamilton Jr., a ke Basic Combat Training (BCT) program of in-

"If you go to a gym to work out, one of the most important things the trainer can do for you is teach you proper technique," he added.

The Army will now ensure Soldiers are doing physical readiness training, or PRT, with the proper technique, so that they can do it safely,

Now, during the first two weeks of red phase at the beginning of BCT, Soldiers will learn how to do PRT in a session that is separate from where they actually perform the PRT.

The Army estimates that with new Soldiers, their mental and physical capacity to absorb large amounts of new information during PRT

sessions hinders the ability of a unit to exploit good conditioning. By separating the teaching of PRT from actually doing the PRT, new Soldiers will better be able to absorb instruction regarding correct movement patterns, cadence, precision and body positioning as they relate to PRT.

"This ensures the Soldiers conduct exercises properly," Hamilton said. "When they do that and you train them correctly the first time, it reduces injuries because they aren't performing exercises in an incorrect manner."

Additional changes

To increase the ability of Soldiers to find their way home, or a combat objective, the Army has changed the land navigation portion of BCT by reducing the amount of classroom instruction, creating more demanding end-of-course land navigation evaluations and changing from fourman land navigation teams in training to twoman land navigation teams.

Smaller teams means a decreased likelihood that Soldiers with less-developed knowledge of land navigation will be able to simply "tag along" with more skilled Soldiers.

duced to fewer weapons than they have been in the past. The M16 and M4 series rifles are still the centerpieces of weapons training for Soldiers, but familiarization with weapons that are less common among Soldiers, or that are similar in function and operation to weapons that remain in BCT, will instead be moved to a Soldier's first unit of assignment.

 $Soldiers\ coming\ into\ BCT\ in\ October\ can\ also$ expect to get more training and use of weapons optics, as well as expect to shoot more often in full battle gear, as they would in actual combat, said a designer.

Training the trainer

While BCT will change in October, the curriculum over at the Army's Drill Sergeant Academy at Fort Jackson, South Carolina, has already changed to prepare new drill sergeants to teach the new BCT program of instruc-

"There's a lot more emphasis on 'this is the weapon; this is

Beginning this month, Soldiers will be intro- how you use it' and more in-depth detail on how to operate the weapon," said Sgt. 1st Class Ryan McCaffrey, a drill sergeant leader at the drill sergeant school. "It's the same with PRT. We are trying to get the sergeants to understand the concepts of PRT and understand why we do movements the way we do."

McCaffrey said drill sergeants would be able to explain "why we do push-ups or why we do the different exercise and condition drills and tie it into the warrior tasks and battle drills. Then Soldiers understand how their physical training ties into what they do on the battlefield."

McCaffrey, a former Drill Sergeant of the Year for the Army Reserve, said that new instruction in the drill sergeant school also prepares noncommissioned officers for incoming Soldiers who are accustomed to asking lots of questions.

18th MEDCOM (DS) gets a transition in leadership



Col. Ann M. Sammartino (right), commander, 18th MEDCOM (DS), passes the guidon of HHC to incoming company commander, Capt. McKinsey Hulen, during a change of command ceremony on historic Palm Circle, Fort Shafter, Oct. 16.

Story and photo by SGT. 1ST CLASS JOHN D. BROWN Army News Service

FORT SHAFTER — Soldiers and leaders of the 18th Medical Command (Deployment Support) welcomed a new commander to Headquarters and Headquarters Company (HHC) during a change of command ceremony on historic Palm Circle,

After welcoming the distinguished guests, families and various attendees, Col. Ann M. Sammartino, the commander of 18th MED-COM (DS), said, "Company command is probably the toughest, most difficult, challenging and demanding assignment for a junior officer ... but it is also the most exciting, exhilarating and rewarding assign-

Capt. Robert Modlin, the outgoing commander of HHC, 18th MEDCOM (DS), spent nearly 18 months as the unit's commander.

"While in command, Capt. Modlin and the HHC staff planned and executed small arms ranges, supported major theater exercises, executed safe haven operations, and prepared multiple Soldiers, NCOs (noncommissioned officers) and officers for ca-

reer education schools and demanding it's in your sure and steady hands," he said. badge earning events, such as Air Assault School and the Expert Field Medical Badge," said Sammartino. "So, I think you could say Capt. Modlin and his team have had their hands full."

Modlin summed up his time in command by saying, "If I were to characterize my tenure leading HHC, I would describe it as one of continuous adaptation, theater-driven requirement and teamwork."

In turning the leadership of the unit over to the new commander, Modlin shared some closing remarks for the Soldiers of the 18th MEDCOM (DS).

"Here, there are limitless avenues to innovate, inspire and create positive change, both inside the unit and across the theater. I ask that each of you continue to challenge yourselves to be a part of that positive momentum."

With that, Modlin passed the reigns of HHC to Capt. McKinsey Hulen.

"You are definitely the right leader, at the right time, to take this organization forward. ... Turning over the company, while difficult for me, is made much easier knowing

Hulen, a 2011 graduate of the U.S. Military Academy at West Point, New York, is no stranger to the Pacific region having served as the aide-de-camp to the commander, Pacific Regional Medical Command, the commander of Tripler Army Medical Cen-

ter and the chief of the Medical Service

Corps in Honolulu. Sammartino welcomed Hulen into the 18th MEDCOM (DS) ohana (family) and told the Soldiers of the unit that, "All of you in the 18th can feel confident that you're getting an outstanding leader. There is no doubt that the strength of the Army and the 18th MEDCOM (DS) is in dedicated people and a strong team."

Following the ceremony, a reception was held to allow Soldiers, friends and families to bid farewell to Modlin and welcome Hulen into the unit.

Modlin can look forward to his next assignment in Fort Bragg, North Carolina, and his wedding later this month.

(Note: Brown works with 18th MEDCOM (DS) Public Affairs.)



Ashley Jr., receives a command brief from intelligence Soldiers with the 94th AAMDC and the 5th

Sea Dragons honored w/visit

SGT. KIMBERLY MENZIES Army News Service

JOINT BASE PEARL HARBOR-HICKAM — The special assistant to the director of Army staff, Office of the Chief of Staff, Maj. Gen. Robert P. Ashley Jr., received a command brief from intelligence Soldiers with the 94th Army Air and Missile Defense Command and the 5th Battlefield Coordination Detachment, here, Oct. 8.

"We, as intelligence professionals in the 94th AAMDC, are trying to give Maj. Gen. Ashley a flavor of what our mission is and how unique it is," said Col. Bruce Stephens, assistant chief of staff, intelligence directorate, 94th AAMDC.

"We also are seeking support and advocacy for some of the things we are trying to accomplish in the way ahead to ensure the warfighting function that embodies the ballistic missile defense community is represented well," Stephens added.

Topics included the unit's unique mission set and recent intelligence accomplishments, such as integrating the Distributed Common Ground System-Army (DCGS-A) on an Air Force

"One of the things we discussed with Maj. Gen. Ashley was the process we used when setting up one of our intelligence systems on the Air Force network, which was the first time this had been done in the Army," said Staff Sgt. Shiheem Kelly, an intelligence noncommissioned officer with 94th AAMDC.

The importance of having the DCGS-A capability cannot be overstated. Both the 94th AAMDC and the 5th BCD are now able to provide accurate and actionable intelligence in a timely manner to the commanders throughout the Pacific region.

"Recently, United States Army-Pacific (US-ARPAC) and Pacific Air Forces (PACAF) federated all Ballistic Missile Defense (BMD) threat tracking, analysis and assessments to the 94th AAMDC G2

team as the central repository for all things that are BMD threat related. This newly assigned responsibility made bringing our DCGS-A capability into an operational status a priority for senior leaders at PACOM (U.S. Pacific Command), USARPAC and PACAF," Stephens said.

"The significance of Maj. Gen. Ashley's visit is that the Army's future senior intelligence leader now has a perspective of the threats in the Pacific, the specific needs of the intelligence professionals that deal with ballistic missile threats, some of our challenges, and some of our successes," said Stephens. "I think after this visit we have an advocate that will go forth in the Army and set condi-

tions that will make us successful in the future."

The opportunity to meet with Ashley was a heartfelt privilege for several Sea Dragons.

"It was definitely a privilege and honor to have Maj. Gen. Ashley come out to our unit," said Kelly. "It is not a common thing to have one of the Army's senior military intelligence officers come and visit your unit. It is not like they do that every day; it is a oncein-a-lifetime opportunity."

"First of all, let me tell you we have senior intelligence leaders that come through Pacific Command all the time, and because they are so challenged for time, they do not have the luxury of visiting everyone. They usually visit the big organizations like the U.S. Army Pacific's intelligence office," said Stephens. "So for Maj. Gen. Ashley to carve out his schedule and say specifically that he wanted to come to the 94th AAMDC is an honor and sends the message that he has an understanding that no matter where you are, what organization you are in, you provide an intelligence value to the Army and to that organization."

The 94th AAMDC provides joint/combined integrated air and missile defense support for PACOM. (Note: Menzies works with 94th AAMDC Public

94th AAMDC looks forward to more IAMD excellence

SGT. KIMBERLY MENZIES

Army News Service

JOINT BASE PEARL HARBOR-HICKAM With each passing year, Soldiers share the tales of missions past, where they have been and the events they have witnessed.

Few have had the opportunity to convey moments of history where they were part of the spark and then again part of the fighting mission.

For many Sea Dragons, focusing forward on the future means looking back over the 94th Army Air and Missile Defense Command's last 10 years.

"I was in the Philippines when my branch manager called and asked me to help set up the 94th AAMDC, a need based on air and missile activity going on in the theater area of operations," said Brig. Gen. Eric L. Sanchez, the current commanding general of 94th AAMDC.

'I was working at 1st Battalion, 62nd Air Defense Artillery (ADA), 25th Infantry Division," shared Master Sgt. John Culver, with

94th AAMDC. "At the time, 1-62nd was inactivating, so I called my branch manager to find out where I was going. He said that there was this opportunity because I was an (Air Defense C41 Tactical Operations Center enhanced operator maintainer). They were standing up an AAMDC at Fort Shafter. I decided if it allowed me to stay in Hawaii that I would do it.

"At the request of the first sergeant and commander at the time, I selected 16 additional (enhanced operator maintainers) from the battalion that were willing to go there and then I reported to Fort Shafter," added Culver.

After the inactivation of the 94th ADA Brigade in Germany, the Army officially activated the 94th AAMDC, Oct. 16, 2005, at Fort Shafter, under Headquarters, U.S. Army-Pacific (USARPAC), to provide air and missile defense support under the U.S. Pacific Command (USPACOM).

The ceremony marked the activation of the third AAMDC in the U.S. Army, two in

the active component and one in the reserve compo-

"The unit was reactivated in Hawaii as an AAMDC, as a one-star headquarters," said Sanchez. "When we first stood up, the entire headquarters moved into Bldg. 334 at Fort Shafter, while the headquarters building was being renovated. If I remember correctly, it was condemned at the time, so there were a lot of renovations that were needed."

"We were relocated right across from the PX (post exchange), but for the first six months, it was assembling office furniture and finding out what to do," said Culver. "We didn't know what an AAMDC did."

The Soldiers soon discovered that the planning aspect was only a portion of the new task.

(Note: See rest of article online at www.hawaiiarmy weekly.com.)



Courtesy photo illustration

Soldiers in the 94th AAMDC are celebrating 10 years of service since their activation in Hawaii in 2005.

October is Domestic Violence Awareness Month

ARMY NEWS SERVICE News Release

Throughout October, the U.S. Army supports the Domestic Violence Awareness Month (DVAM) observance to bring attention to an issue that undermines the Army Values.

Domestic violence has the potential to end careers - and even lives.

The National Coalition Against Domestic Violence defines domestic violence as the "willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another."

Anyone can be a victim, and every individual plays a role in upholding the community values and standards that support safe, healthy relationships.

The first DVAM was held in October 1987, and the first Commemorative Legislation passed by the U.S. Congress in 1989. This year, the Army joined the nation in observing DVAM using the Department of Defense theme of "It starts with respect: Live by core values to keep your relationship healthy and strong."

The Army is emphasizing that domestic violence is never "OK" and is highlighting resources that help Army families develop life skills, maintain positive relationships and encourage helpseeking behavior.

DVAM events are being executed at each garrison to promote awareness, encourage reporting, provide safety for victims, encourage all members of the Army community to look out for one another, and to ensure treatment is provided and administrative action taken when

The Army will continue to stand against domestic violence and emphasize that domestic violence is never "OK." Through Army-provided programs and community support, the Army will continue to promote healthy relationships, support victims and hold perpetrators account-

Confidential support is available from the Army Family Advocacy Program, Military One-Source or the National Domestic Violence Hot-

Programs such as the New Parent Support Program, Victim Advocacy, Sexual Assault Prevention and Response Program, and Military Family Life Consultants are all designed to prevent domestic violence from occurring.

Domestic violence goes against the Army Values and has negative effects on both Soldier and family readiness. The Army makes it clear in word and deed that domestic violence is unacceptable and not tolerated, and resources are available for those who need help.

The Army is committed to fully supporting its families and assisting in the development of their resiliency, health and well-being.

 $(Note: Article from \ Office \ of \ the \ Chief \ of \ Public$ Affairs and Joint Force Headquarters National Capital Region/Military District of Washington Public Affairs.)



Courtesy photo

DVAM Outreach Tables

Oct. 23, 10 a.m. to 1 p.m., Schofield Com-

•Oct. 28, 2:30-4:30 p.m., Fort Shafter Library



Today

HHD CoC — Headquarters and Headquarters Detachment, U.S. Army Garrison-Hawaii, will hold a change of command ceremony at 10:30 a.m., Oct. 23, behind Bldg. 104 (the Directorate of Public Works building), on Wheeler Army Airfield.

Capt. Jennifer L. Nicholas will assume command from Lt. Naomi F. Sirignano.

26 / Monday

VCC — The Visitor Control Center will be closed all day Monday, Oct. 26, due to required system migration. It will be able to process applications for contractors or visitor badges. Normal operations will resume Tuesday, Oct. 27, from 7:30 a.m. to 3:30 p.m.

ISO — The Installation Security Office at Schofield Barracks will close from 12 noon through the remainder of the day, Oct. 26. The ISO apologizes for any

inconvenience this may cause. The office will resume normal operating hours on Tuesday, Oct. 27, from 9 a.m.-12 noon and 1-3 p.m. Point of contact is Angela Walters, chief, ISO, 655-8879.

28 / Wednesday

CIE — The next Community Information Exchange is at 9 a.m., Oct. 28, at the Nehelani. Participants will learn about



HONOLULU — Hilton Hawaiian Village Waikiki Beach Resort presents \$10,000 to Hawaii's Wounded Warriors, Wednesday, at Fort DeRussy Beach Park, from its inaugural Great Waikiki Beer Festival in August. The donation will be used to host Wounded Warrior Family Days, the first of a series of special beach days during which accessible water activities will be organized for attendees.

events and activities happening in U.S. Army Hawaii the next 90 days, and they can ask questions of subject matter experts.

29 / Thursday

Housing Services — The Housing Services Office on Schofield Barracks will be closed Oct. 29 and 30 to move office locations: normal business hours will resume Nov. 2.

Due to reduced manpower, the Housing Services Office on Fort Shafter will be changing its operating hours beginning Nov. 2, from 9 a.m.-12 noon and 1-3 p.m.

31 / Saturday

Halloween — The observance will be celebrated from 6-9 p.m., Oct. 31. The Directorate of Emergency Services will provide increased security

presence in the community and hand out chemical-light sou-

November

16 / Monday

AFAP — The Army Family Action Plan Conference will run from 8 a.m. to 12 noon, Nov. 16-17. Soldiers and family members can submit quality of life issues for AFAP to the website, www.garrison.hawaii.army.

mil; simply click the AFAP button.

> Also, volunteers and delegates are needed from all demographic groups. Training will be provided

in November.

Complete an application at www.himwr.com/getting-in volved/army-family-action-

Leilehua Closure

the road.

•Curb repair will take

•Phase 1 of Leilehua between Macomb Nov. 19-25.

•Phase 2 between Kline/Gordon Lane and Stoneman Field Road will

in the closed portions of Leilehua will be made twoway for residents only.

On these lanes, there will be no parking in the Leilehua bound side of the road and no parking within 100 feet from Leilehua Avenue. The 100 feet no parking area will be used for cars to turn around.

Top lift paving and striping will be performed 8 a.m.-4:30 p.m., Dec. 14-17.

The contractor will have appropriate safety signs and barriers when the parking lot closes.

Kolekole Klosure — There is an ongoing lane closure on Schofield's Kolekole Avenue outbound between Flagler Road and Devol Street. The right lane on Kolekole outbound will be closed in front of Bldgs. 2623, 2624 and 2625, daily, 8 a.m.-3 p.m.

Traffic entering and exiting Burger King, Popeye's, the gas station and minimart will not be affected by this closure.



Ongoing

Gift Wrapping — Family readiness groups may register to participate in gift wrapping at the Schofield Exchange. Send requests to usarmy.wheeler.im com-pacific.mbx.fundrais ing@mail.mil.



enue will be closed in phases in order to reconstruct

place until Nov. 18.

Kline/Gordon Lane will be

be Nov. 30 to Dec. 4. There will be no access to the parking of Bldg. 645, Family and Child Care and Garrison Sports Office. •Phase 3 between Mc-

Cornack and the Stoneman Field Road will be Dec. 7-

•Phase 1 through 3 closures will be 24 hours a day, seven days a week. The lanes between Leilehua and Waianae Ave that fall with-

DOD's 'Safe and Sound' campaign's 150k-strong

It draws attention to child neglect including a popular parenting website.

JACQUELINE M. HAMES

Army News Service

WASHINGTON — A Department of Defense-sponsored online campaign, called "Safe and Sound," launched, Oct. 9, to focus on the prevention of child abuse and neglect, especially in military

Three days later, it had some 146,000 followers.

During the 2015 Association of the U.S. Army Annual Meeting and Exposition, Oct. 12-14, in Washington, D.C., Rosemary Williams, the deputy assistant secretary of defense for military community and family policy, discussed family resiliency, as well as the DOD's social media campaign.

The Safe and Sound campaign, with the Twitter hashtag "#SafeandSound," is focused on child abuse and neglect.

"We're addressing three key areas here, (including) absent child supervision, physical or environmental hazards and distracted parenting, also known as electronic distraction," Williams explained. "This campaign will allow us to reach audiences beyond traditional social media or DOD-based websites."

The campaign also involves ads on news outlets and websites,

The effort "will allow us to reach military families while they are seeking information on other aspects of their lives," Williams

Military resiliency is centered on the family, Williams said.

In a recent article on DODLive (entitled "Domestic Violence Prevention: Everyone Deserves a Life Free of Abuse"), she said the most vulnerable member of the family is the child. She also emphasized the importance of the campaign and encouraged Soldiers and other military members to participate.

Williams also encouraged open discussion in the military on the subject of resiliency, which is one of the key missions for Military Community and Family Policy, and advocated peer-to-peer sup-

More Online

If Soldiers are in crisis, or feel the need to reach out for

- help, there are many resources available to them: •Vets4Warriors, (855) 838-8255, www.vets4warriors.com.
- National Domestic Violence Hotline, (800) 799-7233.
- National Child Traumatic Stress Network, www.nctsnet.org.



A Department

of Defense

sponsored

'Safe and

Sound.'

online cam-

paign, called

launched Oct. 9

to focus on the

child abuse and

prevention of

neglect, espe-

cially in mili-

tary families.

- •Military One Source, (800) 342-9647, militaryonesource, mil. ·Safe and Sound Campaign, militaryonesource.mil/safe-andsound.

•National Suicide Prevention Lifeline, (800) 273-8255. • Family Advocacy Program branches on military installations, www.militaryinstallations.dod.mil.

Sea Dragons show support, attend Pink Day Fun Run

SGT. KIMBERLY K. MENZIES

94th Army Air and Missile Defense Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Thirty-two Soldiers and family members with 94th Army Air and Missile Defense Command participated in the Pink Day Fun Run, Oct. 7, to show support for breast cancer awareness in Honolulu.

"I saw a flyer over by the Navy Exchange that mentioned that they were going to have a Pink Day Fun Run to show support for

breast cancer awareness," said Master Sgt. Jennifer Anderson, the incoming operations noncommissioned officer in charge for the communications directorate of the 94th AAMDC.

"I know that a lot of people within this unit itself have been affected by breast cancer, either directly or indirectly, and so I brought back the idea and talked to Master Sgt. Davis about seeing if he thought we could get a team together and show support for a pretty good cause," she explained.

"We kind of kept it as an internal thing for a long time just because of planning," said Master. Sgt. Ira Davis, a signal and communications operation noncommissioned officer with 94th AAMDC. "I put the information out in a meeting and extended an invitation for others to join us. Just from those few individuals from outside of our office, the response was tremendous and immediate."

Though attendance and participation in the event was entirely voluntary, many Sea Dragons felt it was important to use this opportunity to show support.

"The goal for me was to show support for a fellow noncommissioned officer and friend who has been diagnosed with Stage 2 breast cancer," shared Davis. "I wanted to show the individual specifically that we support them and what they are going through. I have seen this person at their best, and I have seen the toll the cancer has taken on them. It was important to me for this person to know we are thinking of them, and we are here to support

"The goal was to show unity and esprit de corps," said Anderson. "It was a very good atmosphere. What was great was that it wasn't just one small element, five or 10 people; there was attendance from service members from across the command who volunteered and wanted to come out. They took the time to come out and show solidarity and support for our brother or sisters-inarms who have been affected by breast cancer."

The most important message to be conveyed by attending the event for many participants was about being part of a team.

"This was an opportunity to demonstrate to Soldiers that they are supported," shared Anderson. "No one stands alone. This isn't an Army of individuals. When you face challenges, it doesn't have to be deployment or mission related. We are a team, and we can get through it together."



Thirty-two Soldiers and family members with 94th AAMDC pose for a photo prior to participating in the Pink Day Fun Run, Oct. 7, to show support for breast cancer awareness in Honolulu.



Nataliya Yordanova, 17, displays one of her original manga characters, Athena, during a recent meeting of the Teen Manga Club at Sgt. Yano Library. Yordanova said she uses both paper and markers, as well as digital drawing tools, to create her comics.

SB Teen club engages, creates through manga art form

Story & photos by CHRISTINE CABALO Contributing Writer

SCHOFIELD BARRACKS — Fans of manga, or Japanese comics, have a whole group of friends waiting to meet them,

Sgt. Yano Library regularly hosts the Teen Manga Club, a group that meets every second and fourth Wednesday in the library at 3 p.m.

All teens are welcome to join the club for free. Some teens have been members for more than two years and are drawn to a variety of comics.

"There are many different types of manga for audiences," said Jessica Molina, a 19-year-old member of the club. "You and your friend may both like manga, but may not have any comics you like in common."

Sharing interests

During each session, members discuss their favorite manga comics, what series they may be enjoying at the moment and complete a club activity together. Several in the group also make their own manga comics, creating unique characters and stories.

Molina said, although she enjoys making her own comics, she sometimes prefers getting lost in the worlds that other artists have created.

"I like watching manga, but sometimes it's better to read the light novel," she said. "(For some series,) it can be better than the TV show or movie."

Recently, the group met to talk about their reviews on new manga series that have been published and personal costume projects.

Halloween is around the corner, but club members enjoy dressing up as their favorite characters, known as cosplaying, all year-round. The club hosted a cosplay party and poster contest in March.

"I think it's great we have a club," said Lori Martin, a library technician with Sgt. Yano Library, who guided the Oct. 14 session. "I used to work at the Teen Center, and I'd have teens asking for (a Manga Club) and looking for an outlet to hang out with other people who like it. This club is a good way to make friends and share stuff you're all interested in."

Nataliya Yordanova, a 17-year-old member of the teen club, shared how her love of manga connected her to friends and with relatives she hasn't seen in years now living in Europe. Yordanova is currently applying to a college in Tokyo and said her love of manga has given her a better insight into Japanese culture.

"For Valentine's Day, girls give chocolates to the guys," she



Yordanova adds color to a premade manga drawing during a club meeting, Oct. 14. During each club meeting members are able to share what movies or books they're currently enjoying and complete a manga-related activity.

give chocolates or something white, like diamonds."

Both she and Molina said those interested in manga have a wealth of resources, including the Sgt. Yano Library, to find an entertaining series. Club members said they look for intriguing plots and cool artwork when trying out new manga series.

Manga recruitment

Molina said for already established manga enthusiasts trying to encourage new fans, starting with mainstream and popular recommendations is a safe route. She said series like "Hello Kitty" and "Pokemon" are manga that many in the U.S. may be familiar with and that potential fans may find similar series for their interests.

Yordanova said the comics she prefers often have surprising twists, including major character deaths that add to her love of the genre.

"Creators kill off characters fans may have an emotional connection with to add to the drama," Yordanova said. "(Character deaths) make it more personal reading, and you're more invested into what happens at the end."

turned into a child or to unlock the mysteries of a mysterious notebook of the dead, the club's members are drawn to meet twice a month.

Teen Manga Club

Meets every second and fourth Wednesday at the Sgt. Yano Library aboard Schofield Barracks. Features discussion of manga, personal projects and a club craft created with the group. Free to join. For more information, call 655-4227.



Members of the Teen Manga Club discuss books and movies they've recently enjoyed and art projects they've completed during a club meeting. Meeting attendees are, from left to right, Nataliya Yordanova, Loki Hagar, Nathan Ferguson, Jessica Molina and Lori



Jessica Molina, 19, and her 12-year-old nephew Nathan Ferguson, color in manga drawings and create stories about the featured characters during a session of the Teen Managa Club.

HAWAII ARMY WEEKLY

OPENING WEEKEND



Briefs **Today**

Career Fair — Meet employers, conduct on-site interviews and, most importantly, bring your resume, 10 a.m.-2 p.m., at the SB Nehelani. Register with ACS Employment Readiness at www.himwr.com/acs and select "class calendar" or call 655-4227.

Basketball and Cheerleading Registration — Army Youth Sports will accept registration through Oct. 31 for basketball (\$55) and cheerleading (\$55 first time; \$20 returning with uniforms), for keiki born 1999-2010. Call the YS Registration Office at 833-5393 (AMR, FS) or 655-5314 (SB).

Home P.E. — Youth Sports conducts free P.E. classes for military homeschool families. Cost is free. Register and include the following information: youth's name, age/grade, home/cell number and family email

Visit www.armyhawaiiyouth sports.com or call 655-6465 (SB) or 836-1923(AMR).

24 / Saturday

SB Kolekole Bar & Grill -Weekend restaurant services now offered, 11 a.m.-6 p.m., Saturdays, and 6 a.m.-3 p.m., Sundays.

25 / Sunday

FS Sunday Brunch — Enjoy Sunday brunch at Hale Ikena from 10 a.m.-1 p.m. Visit www.himwr.com /images/dining/haleikena/2015-Hale-Ikena-Sundaybrunch-menu.pdf for a full menu. Call 438-1974.

27 / Tuesday

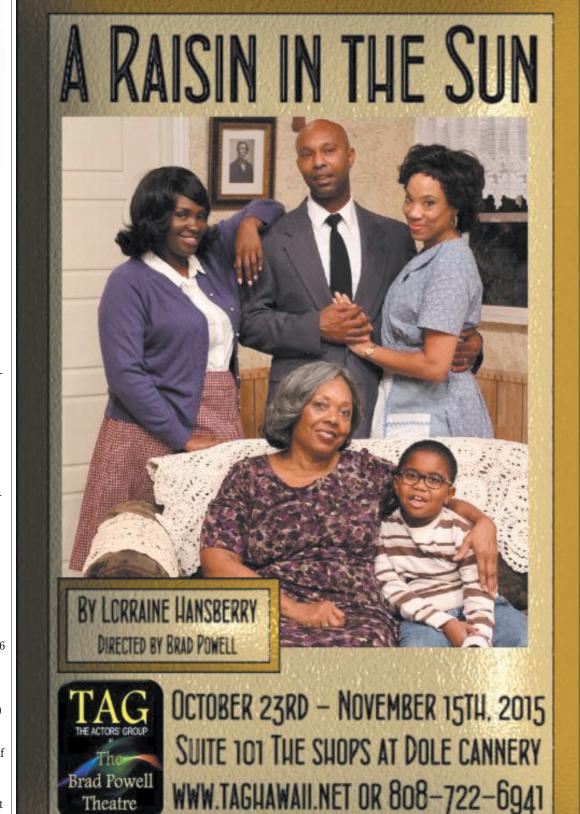
SKIES Unlimited School of Art – Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays.

Open to CYS Services registered children ages 7-18 at \$55/month. Call 655-9818.

28 / Wednesday

FS Soul Food Lunch Buffet -Every last Wednesday of the month at the Hale Ikena enjoy traditional southern-style soul food selections. Cost is \$14.95 per person. Call lunch buffet reservations at 438-1974.

BOSS Meetings — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs.



Artwork from The Actors Group

HONOLULU — The Honolulu-based theatre ensemble The Actors Group performs "Raisin in the Sun" at the Dole Cannery Powell Theater beginning this weekend and running through Nov. 15 with weekend performances.

Get involved and make a difference.

•North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.

•South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10 a.m. BOSS is waiting for your call at 655-1130.

29 / Thursday

Arts and Crafts — Moms "n" tots work together on a creative project 10-11 a.m., every Thursday; cost is \$5.

30 / Friday

Hawaiian Luau Lunch Buffet Enjoy delicious local-style food, 11 a.m.-1 p.m., every last Friday of the month. Cost is \$14.95 per person. Call SB Kolekole Bar & Grill at 655-4466 or FS Hale Ikena at 438-1974 for reserva-

Ongoing

Tropics Closed — SB Tropics Recreation Center will be closed until early fall 2015 for building improvements. Renovations will include a full Lounge. Call 438-6470.

bar, redesigned bar layout, additional TV screens, upgraded beverage and food menus, and much more. Check back for updates at HiMWR.com.

Torch Club — The Torch Club is looking for volunteer teen leaders. Torch Club members help plan and organize teen events, manage the teen lounge, attend leadership camps and trips, meet new teens and have fun participating in leadership and social activities. Meetings are held 3:30 p.m., once a week, at the FS Teen

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Holiday Craft & Gift Fair — The holiday season begins this weekend's "Season's Best Craft Fair" with three days of exciting, fun-filled shopping and food frenzy beginning at 5 p.m., Friday, at the Blaisdell Exhibition Hall. Over 250 vendors will include exquisite handcrafted items made by Hawaii's finest artisans.

24 / Saturday

KoleKole Walking-Hiking Trail — The trail is closed, Oct. 24-25, due to live-fire training.

"Raisin in the Sun" — The Actor's Group performs at Powell Theatre, Dole Cannery, weekends through Nov. 15. Military tickets are \$15. Opening night, Oct. 23, is already a sellout.

Make reservations at 722-6941 or online www.taghawaii.net. Call 741-4699 for more details.

25 / Sunday Bishop Museum — Hawaii Pa-

cific Health presents Kids

Fest, a free health education event for kids and families, 10 a.m.-2 p.m., Oct. 25, at Bishop Museum. Kids Fest admission to Bishop Museum is free for Hawaii residents and military families with valid ID. Kids Fest offers interactive games and activities to promote healthy, active lifestyles, exercise and nutrition, and childhood injury prevention. On-site registration begins at 9:30 a.m. Call 522-

27 / Tuesday

3469 or go online at hawaiipacific

health.org/kidsfest.

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broadranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel, 839-

Schofield Family Night is held Wednesdays at 5:30 p.m.

29 / Thursday

Breast Cancer Awareness Month — Learn everything you

ASYMCA: Armed Services YMCA

need to know about mammograms, breast cancer, and more, Oct. 29, from 11:30 a.m. to 12:30 p.m., in Bldg. 691, the U.S. Army Health Clinic-Schofield Barracks. The location is

just across from Radiology. Call (808) 433-8355 for more details. **Housing Services Office**

Closed — SB office will be closed Oct. 29-30 while moving office locations. Normal business hours resume on Nov. 2. FS office hours change Nov. 2 to 9 a.m.-noon, and 1-3 p.m.

30 / Friday

Russell Peters' "Almost Fa**mous Tour"** — Comedian performs at the Blaisdell Center Concert Hall, 8 p.m., featuring his fast-paced observations that made him a hit on the

NBC show "Last Comic Standing" and in the movie "Chef." Tickets at the NBC box office or at www.ticketmaster.com.

31 / Saturday

Halloween — On-post Halloween trick or treat hours will be from 6-9 p.m., Oct. 31. See page B-5, "Hawaii Army Weekly," for schedules of events, both on and off post.

Duke Kahanamoku Walking Tour — To mark the 125th anniversary of the birth of Hawaiian-American swimming legend Duke Kahanamoku, historian Steven Fredrick will host, 11 a.m., "The Duke Kahanamoku Walking Tour," in Waikiki, on Saturdays through November.

The cost is \$40 (\$30 with military ID). Reservations are required. Call

November

6 / Friday

Margaret Cho "Pyscho Tour" — Comedian performs at the Blaisdell Concert Hall, 8 p.m. Ticket information avail-

able at the Blaisdell Box Office info line, 768-5252.

7 / Saturday

Leilehua H.S. Holiday Craft Fair — Get ready for the holiday season and check out the various craft booths, handmade items, delicious foods, yummy shave ice, plant sale, music, entertainment and door prizes. Call 585-1836. The free admission, family event supports LHS Project Grad and school clubs

Hickam Free Screening -"The 33" shows at 4 p.m., Nov. 7, at Hickam Memorial Theater. Doors open at 2 p.m. Tickets available at Hickam Food court; call 422-4425.

Call Schofield

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation

BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program

FMWR: Family and Morale, Welfare and

FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center

SB: Schofield Barracks

Recreation

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center

USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific

WAAF: Wheeler Army Airfield

worship Services Additional religious services,

children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

AMR: Aliamanu Chapel FD: Fort DeRussy Chapel HMR: Helemano Chapel Main Post Chapel, Schofield Barracks

Aloha Jewish Chapel, Pearl Harbor Soldiers' Chapel, Schofield Barracks

TAMC: Tripler Army Medical Center Chapel WAAF: Wheeler Army Airfield

Buddhist Services •First Sunday, 1 p.m. at FD

Chapel

•Fourth Sunday, 1 p.m. at MPC **Catholic Mass**

•Thursday, 9 a.m. at AMR

- •Saturday, 5 p.m. at TAMC, •Sunday services:
- 8:30 a.m. at AMR
- -10:30 a.m. at MPC Annex -11 a.m. at TAMC
- •Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m.,

Gospel Worship •Sunday, noon. at MPC

•Sunday, 12:30 p.m. at AMR **Islamic Prayers and Study**

•Friday, 2:30 p.m., TAMC •Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

•Friday, 1 p.m. at MPC Annex

Jewish Shabbat (Sabbath) •Friday, 7:30 p.m. at PH

Pagan (Wicca) •Friday, 7 p.m. at Wheeler

Protestant Worship

- Sunday Services -9 a.m. at MPC
- -9 a.m., at FD, TAMC chapel
- -10 a.m. at $HMR\,$ -10:30 a.m. at AMR
- -11:30 a.m. at WAAF
- (Spanish language) -11 a.m. at SC

(Contemporary)

Liturgical (Lutheran/

Anglican) •Sunday, 10 a.m. at WAAF

Temporarily closed for maintenance



Sgt. Smith Theater remains closed for Directorate of **Public Works**

maintenance work.

Schofield Barracks

No reopening date for movie viewing

is now scheduled.

Exchange at 237-4502/4572.

SLO provides family assistance

Child, Youth and School Services

SCHOFIELD BARRACKS — Do you have a question about your child's school or educational needs? Are you new to the island and need help identifying which school your child will attend?

Look no further than the U.S. Army Garrison-Hawaii School Liaison Office.

School Liaison officers (SLOs) are a team of professionals who strive to ensure a smooth transition, as well as academic success for all Army-connected students. Whether you are new to Hawaii, or you have been here for a year or two, if you have questions or concerns about your schoolaged child's education, the SLO can help.

SLO will provide you with information on how to register for school, facilitate meetings between parents and school administration, and provide resources and referrals to empower parents to be their child's biggest advocate.

The SLO represents, informs and assists the command, and it serves as the primary point of contact on all schoolrelated issues.

The Army has at least one SLO at every installation to assist families with their child's education-related needs and forges partnerships between the military and local schools to enhance communication and ultimately work together to resolve issues.

Hawaii education forums

In Hawaii, there are several local forums and organizations that were created to build and maintain strong partnerships between the military and education communities.

The Joint Venture Education Forum (JVEF) is a cooperative venture between the U.S. Pacific Command (USPA-COM) and the Hawaii Department of Education (HI DOE). Through this forum, the military community and state educators discuss issues of importance and work together to

provide positive learning environments and high-quality educational opportunities for Hawaii's children.

Furthermore, the USAG-HI garrison commander, Col. Richard A. Fromm, also meets regularly with local school leaders to share information and resolve issues that occur at nearby Army-impacted public schools. The SLO facilitates this meeting and various garrison and HIDOE representatives attend and engage in productive conversations that result in positive action.

Parents and the SLO must work together to help ensure that our youth receive the support they need to achieve academic success.



Photo courtesy School Liaison Office

U.S. Army Garrison-Hawaii School Liaison officers - from left to right, Tamsin Keone, Wayne Yoshino, Wendy Nakasone-Kalani and Byron Nagasako - are ready to provide education assistance to Army families.

Contact SLO

Whether your child is experiencing academic or behavioral issues, or other concerns that impact your child's learning, please contact the Army School Liaison Office at (808) 655-8326 for assistance.

HIDOE breakfast helps learning

HONOLULU — The Hawaii State Department of Education encourages parents and guardians to participate in the U.S. Department of Agriculture's School Breakfast Program to help students start the day off better prepared for learning.

All 256 of Hawaii's public schools participate in the USDA breakfast program.

Improves performance

Studies show eating breakfast at school helps improve children's academic performance.

"For many of our families, there is a rush to get out the door in the morning. Our schools can help provide that important morning meal," said Office of School Facilities and Support Services Assistant Superintendent Dann Carlson.

The cost for school breakfast is \$1.10 for grades K-8, \$1.20 for

School lunch, which is also offered, costs \$2.50 for grades K-8 and \$2.75 for grades 9-12.

The Department's School Food Services Branch has a Webbased site that will provide families with the option to submit applications for Free and Reduced-Price Meal Benefits online. The online program will walk parents and guardians through an easy step-by-step application process.

Schools will continue to forward eligibility notifications to households.

More Online

For more information, go to hawaiipublicschools.org.



EFMP aid provides information you might not know

EXCEPTIONAL FAMILY MEMBER PROGRAM Army Community Service

(Note, the following article depicts a real-life scenario of an anonymous Soldier and family to demonstrate how EFMP can provide assistance to Army community members.)

Staff Sgt. (Kilroy) reflects on when he learned the importance of registering his family member with the Exceptional Family Member Program, or EFMP.

His permanent change of station, or PCS date, was rapidly approaching. In order for his family to leave the island together, he had to have his orders amended ...

I had to expedite turning in all medical documents and schedule appointments, so my wife and our son, Charlie, could be approved for command sponsorship. To avoid any further delay, I made a misaligned decision to not turn in some of the medical documents my wife gave me for Charlie.



Courtesy Exceptional Family Member Program

We cleared our medical screening, my orders were amended, and we were on our way to our new duty station. Not long after we arrived at our duty station, Charlie became sick and had to be hospitalized. At this point, we found out those documents that I decided not to submit were extremely crucial, as the EFMP office could have done a more thorough assessment of my family's needs to ensure that all the necessary medical requirements could be met at my new duty station.

I was surprised when the local hospital could not support Charlie's medical needs, and he had to be air evacuated 400 miles away to a medical treatment facility that could support his medical needs. I am now faced with the possibility of an early return of dependents.

It was when I met with my chain of command to inform them of my family's situation that I found out about the correct process for enrollment in the EFMP, and why all medical data needs to be turned in. I now realize that if I had taken the time to understand the process the first time, I could have saved my family from the emotional and financial stress we are now facing.

Typical scenario

Situations like Staff Sgt. Kilroy's tend to happen quite often, which is why the EFMP at Army Community Service (ACS) is working to get the message out about the importance of enrolling family members with special needs into EFMP.

According to Leonard Webster, the ACS EFMP coordinator, "When Soldiers are seeking

command sponsorship, it's very important they contact their unit S-1 or Family Travel at the Soldier Support Center for guidance.'

Medical EFMP manager, Freddy Madrid, said, "A situation like (Charlie's) causes a great deal of stress within the home, both emotionally and financially, and often proves very difficult for a family to recover from, as they now deal with very difficult decisions that could lead to the family being separated."

Madrid continued, "Although this was a difficult time for Staff Sgt. Kilroy's family, we at EFMP hope other Soldiers and spouses can learn from his example and understand that there is a reason for EFMP enrollment. EFMP's primary mission is to ensure that we identify our family's medical needs and requirements so that they can safely and confidently travel to their new duty destinations, knowing that their family's needs will be cared for.

"EFMP understands just how important the Soldiers' view their family's health and wellbeing and that is our priority," Madrid added.

Three agencies

The EFMP is comprised of three Army agencies that work in partnership to complement services provided to Soldiers and their families.

EFMP Human Resource at the Department of the Army provides Soldiers with change of duty orders. Human Resource works as the middle person between the Regional Health Centers querying each medical center across the Army to locate medical providers, civilian and military, at the gaining unit location who can provide medical services to our EFMs.

Hawaii's Tripler Army Medical Center (TAMC) is the Regional Health Center, here. EFMP medical is located at TAMC on the 3B Oceanside building. This is the starting point for enrollment into EFMP, as this office processes all medical administrative documents.

ACS EFMP provides information, advocacy and resources connecting families to support, both on and off Army installations.

EFMP information is not maintained in local or Department of the Army-level files, nor is it viewed by selection boards or assignment managers. This information is only used to ensure medical services are obtainable prior to assigning or changing duty stations.

All Soldiers with assignment instructions for outside the continental U.S., who elect to request dependent travel, must have family members medically and educationally screened and, if required, enrolled into the EFMP. This process should be initiated within 30 days of receipt of assignment instructions.

Deletion from assignment instructions is not granted solely because of a Soldier's enrollment in EFMP. The EFMP is designed to be an assignment consideration, if pre-enrolled, and not an assignment limitation.

Schofield EFMP

To learn more about the Exceptional Family Member Program, visit the local EFMP at Army Community Service, 2091 Kolekole Ave., Schofield Barracks, or visit http://efmp.amedd.army.mil/index.html.



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Hawaii Hotline

24-hr Crisis Line: (808) 832-3100

Neighbor Islands: (800) 753-6879

Showcase military life

LISA SMITH MOLINA Contributing Writer

Our middle child, Anna, came home from school crying, recently.

This is not unusual for teenage girls. In fact, it happens so frequently that we sometimes have to feign concern.

While we might gasp loudly and blurt with outstretched arms, "Oh, Sugar Dumpling, what's got you so upset?" my internal monologue is really saying, Good Lord, what is it this time ... probably boy drama, or another project is due, or skinny jeans went out of style. I'd better record "Survivor" because this might take a while.

But last night, Anna plopped onto the couch looking quite pitiful. With puffy eyes and a wobbling chin, she explained, "It's just... everything! I have another paper due in English, a Stats test on Friday, the SAT this weekend, and I somehow have to upload my portfolio for my applications to Syracuse and Delaware. And between all that, somehow finish my college essay!"

Our daughter isn't the only 17-year-old who is feeling the weight of the world on her shoulders. Many of the 3.3 million U.S. high school seniors are under pressure from parents, guidance counselors, teachers and themselves to distill their life experience down to one single, flawless 650-word college essay.

But are the tears and missed "Survivor" episodes worth it? Do essays really matter all that much to admissions counselors?

There are varied reports on whether or not essays are seriously considered by colleges. Three former admissions counselors from Dartmouth College, the University of Pennsylvania and the University of Chicago stated in a Nov. 14, 2014, article in "Time" magazine that they read and seriously considered every essay that came across their desks. However, they all acknowledged that no student with lackluster grades and test scores ever got into their schools based on a great essay.

Mitchell Stevens, a sociologist who studies higher education, spent 18 months in the admissions office of a top-tier liberal arts school working alongside counselors through two full admissions cycles. In a Nov. 13, 2014, article in "The New Republic," Stevens states that the "hard numbers" – the GPA, test scores, class rank and number of AP and honors courses – reigned supreme in their admissions decisions.



LISA SMITH MOLINARI Contributing Writer

Stevens said the factors that mattered more were "How likely was an applicant to accept our offer of admission? Had we already accepted anyone from his or her remote zip code? Had the applicant received any special endorsement from a college alumnus or a faculty member? Did someone in the office owe a favor to the applicant's guidance counselor?"

Furthermore, in its 2014 State of College Admissions Report, the National Association of College Admissions Counselors found that the most important factors in admissions decisions were grades in college prep courses (82 percent), strength of curriculum (64 percent), SAT/ACT scores (58 percent) and overall grades (52 percent). Opinions on essays were evenly spread, with only 22 percent reporting essays as having considerable importance, 38 percent moderate importance, 23 percent limited importance and 17 percent no importance at all.

Regardless of this disheartening research, the fact remains that the essay serves as the one place on the Common Application (the online standard application accepted by approximately 500 U.S. universities) where military children can set themselves apart.

If there is a weakness in class rank, GPA or consistency of curriculum, a personal essay that mentions moving three times during high school, living overseas or a parent's lengthy deployment might not only catch the attention of admissions counselors, but also will spotlight the resiliency, adaptability and strength of military child applicants.

Military children, in particular, must seize opportunities to mention their uncommon experiences in their applications. Honor, sacrifice, service, hardship, adventure and worldliness – these traits don't show up in the "hard numbers" of a student's GPA or test scores.

So, dry your tears military high school seniors, and put your pens to paper. It's time to give those college admissions counselors an education in military life.

SPOOKY FUN

Happenings

Tonight HPU Hal-

loween FunFest

— The annual Hawaii
Pacific University Halloween FunFest is free and open to the public,
5-8 p.m., Oct. 23, at Aloha Tower
Marketplace. There will be more
than 20 carnival booths run by HPU
student organizations with games
and prizes, music, trick or treating,
and costume contests for all ages.
This year, the FunFest is part of
HPU's Sustainability Week. For
more information, contact studentlife @hpu.edu or (808) 5440277. Visit www.hpu.edu/funfest.

24 / Saturday

Halloween Parade — The Exchange at Hickam Air Force Base is hosting a parade, trick or treating, costume contests, games and goodies, 11 a.m.-1 p.m. Bring a container to carry candy. Call 422-5395.

Wahiawa Halloween Fun

Fest — Held from 10 a.m.- 1 p.m. and includes rides, crafts, games, costume contest, slime booth and Mad Magic Science Show (10:30

a.m.) at the Wahiawa Shopping Center and Wahiawa Town Center, 923 California Ave. Call 221-2774.

BooFest — Scare actors and themed décor will transform five log cabins into unique and immersive environments at the 15th annual Bellows Air Force Station BooFest. Magical princesses and killer clowns will descend on the haunted attraction.

All ages event starts at 5 p.m.; haunted house opens at 7 p.m. at Turtle Cove (Reservations, Bldg. 220).

Event is open to active duty military, retirees, reservists, National Guard and DOD civilian employees. Call 259-4112.

30 / Friday

Charity Haunted House —

"Night Terrors," 7-11 p.m., Oct. 30-31, at the Fleet Reserve Association on the corner of Valkenburgh and Nimitz. Proceeds benefit Operation Homefront. Games/activities, a keiki costume contest along with prize drawings and food sales will also be featured. The C3 car club will be hosting a "Trunk or Treat" event from 7-10 p.m., Oct. 31. Visit www.fearbeyondhaunts.com.

Cosmic Bowling Bash — SB Bowling Center hosts a Halloween

bash, 8-11 p.m.; includes DJ, music and prize giveaways.

31 / Saturday (Halloween)

Waialua Public Library —

Pumpkin Tales offers Halloween stories of harvests and pumpkins with a puppet show, piñata and cupcake decorating, 10 a.m., for keiki who are encouraged to dress up as their favorite storybook characters. Call 637-8286.

Exchange — The Exchange offers the following:

• Dual Food (Popeye's/Burger King) Halloween Fair — Games and costume contest, 2:30-4:30 p.m., includes scariest, creative and adorable, and includes gift card prize

•Main Store PX — Halloween parade throughout the store and trick or treating, 4-6 p.m.

Hickam Mall —

Mall-o-Ween, 4-6 p.m., includes parade throughout the mall, trick or treating, costume contest for ages 1-4, 5-8, 9-13, plus Bingo and more.

Halloween at Mililani Shopping Center — Features a costume contest for both pets and kids of all ages, and trick or treating, 3-5

p.m. Call 722-6467.

Sea Life Park Halloween

Festival — Families are invited to enjoy the Halloween Festival, 2-8:30 p.m., Oct 31, with admission of \$10.31. Spend Halloween by trickor-treating, a keiki costume contest, prizes, a thrilling dolphin show and touch pool exhibit, and a spooky movie, all against the stunning backdrop of the Makapuu coastline at Sea Life Park. Call 259-2500, or visit www.sealifeparkhaw aii.com.

Hawaii Convention Center Halloween — "Sunset Mele on the Rooftop" takes on a Halloween twist complete with trick-or-treating, a costume contest, Hawaiian music entertainment and haunted house fun for the entire family, 5-9

The night concludes with a special screening of the feature film "Maleficent" in the HCC's air-conditioned ballroom at 7 p.m.

Hallowbaloo Music & Arts

Festival — Chinatown and the Hawaii State Art Museum lawn are the sites, 5:30-11 p.m., with two entertainment stages, food, beverages and vender tents. Entertainment includes Grammy award-winning and Rock & Roll Hall of Fame musician Booker T. Jones, along with local artists Taimane, Mike Love, Ron Artis II & Thunderstorm, and more. For ages 21 and older; cost is \$5. Free trolley service from 8-11 p.m. from Alakea Street to Nuuanu Avenue. Visit hallowbaloo.com.

Club Hallowbaloo — Features eight clubs, 9 p.m.-2 a.m., in the Chinatown Arts district, and features entry in all clubs with a single cover charge. For ages 21 and older. Visit hallowbaloo.eventbrite.com.

Ongoing

Nightmare at Dole Plantation 3 — Features

two nightly attractions, 7-11 p.m., Fridays and Saturdays, through Oct. 31, at 64-1550 Kamehameha Hwy., Wahiawa. Not recommended for young children. Ages 13 and under must be accompanied by an adult. Visit dole-plant ation.com.

Spookapalooza Train Ride

— Board a haunted train on the "scariest active historical railroad on Oahu" as it travels through darkness, Oct. 23 and 24. Departure times are at 45-minute intervals beginning at 7 p.m. through 9:14 p.m. Call 681-5461 or visit hawaiianrail way.com/halloween2015.html.



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Photo by Christine Cabalo, Oahu Publications

National chain restaurants, including those at the Schofield Barracks Main Exchange food court, are pledging to offer meals with less fat and fewer calories for customers

PX Food Court, Express promote healthy eating

HAWAII EXCHANGE News Release

SCHOFIELD BARRACKS — The Army & Air Force Exchange Service is making it easier for service members and their families to tighten their waistlines while dining or grabbing a snack on the installation.

The Schofield Barracks and Hickam Exchange food courts and Express locations are stocked with healthy options for smart choices on the go.

"In addition to exercise, proper nutrition plays a major role in maintaining fitness," said Matthew Carter, food business manager. "The Hawaii Exchange is doing its part to make sure service members and families are mission-ready in body, mind and spirit."

Commercial options

Popeye's Louisiana Kitchen offers a livewell menu with more than 20 items with less than 350 calories.

The blackened chicken entrée salad is exclusive to the Exchange at only 300 calories, while a chicken and sausage jambalaya is just

When dining at the Exchange's Charley's

Grilled Subs location, military shoppers will find a variety of items with 150 calories or less. including grilled chicken, steak and garden salads. Charley uses 100 percent USDA choice steak, 100 percent all-white meat chicken breast and fresh deli meats.

Subway is also taking wellness to heart by offering a Heart Healthy menu that includes meals less than 700 calories with 30 percent or less calories from fat. Subway is the first restaurant to receive the American Heart Association Heart Check.

For customers who need to grab a quick bite, Express also offers good-for-you choices for on-the-go snacking and light meals. Snack Avenue is a special area inside Express stores specifically geared to customers looking for a quick, healthy meal or snack.

Express recently added several new items to Snack Avenue, including Fiji water, smoothies, juices and hard-boiled eggs.

"Good dietary habits greatly enhance our service members' ability to perform at their maximum potential," said Carter. "It's about making good choices, and the Hawaii Exchange is providing customers those choic-

Dental hygiene matters

News Release

The Mayo Clinic reports that your oral health can offer clues about your overall health.

This November is National Dental Hygiene Month, so get to know your mouth and understand the connection between good oral hygiene and being healthy over-

Research

The American Dental Association reports that in a recent study, people with serious gum disease were 40 percent more likely to have a chronic condition on top of it.

To prevent gum disease or tooth decay, practice good oral care on a daily basis.

Also, if you take medications, like decongestants or painkillers, be mindful that they can reduce the amount of saliva you produce. Saliva washes away food and neutralizes acids produced by the bacteria in your mouth. When this happens, the existing bacteria can grow excessively and lead to more serious diseases, such as periodontitis, which is a severe form of gum disease that is often painless and causes bone loss.

Good health components

The American Dental Hygienists' Association encourages us to focus on four components of good oral health maintenance: brushing teeth twice daily, flossing every day, rinsing with antimicrobial mouth rinse and chewing sugar-free gum.

You should contact your dentist as soon as oral problems arise. TRICARE's dental coverage is separate from its medical cover-

age, and your enrollment eligibility determines which dental program you can have.

The TRICARE Active Duty Dental Program (ADDP) is for active duty service members and National Guard and Reserve members activated for more than 30 consecutive days.

The TRICARE Dental Program is for eligible active duty family members, survivors, National Guard and Reserve members and their family members and members of the Individual Ready Reserve and their family members.

Lastly, the TRICARE Retiree Dental Program (TRDP) is for retirees and their eligible family members, as well as National Guard and Reserve members who, regardless of age, have transferred to Retired Reserve status. This includes those in the "gray area" who are under age 60 and entitled to retired pay, but might not yet be receiving it.

It's important to keep your information current in the Defense Enrollment Eligibility Reporting System (DEERS) to know which TRICARE programs you are eligible to receive.

More Online

For information on all of TRICARE's dental programs, you can visit the Dental Care page on the TRICARE website or download the TRICARE Dental Options

Visit www.tricare.mil/CoveredServices /Dental.aspx.





Photo by Mass Communication Specialist Seaman J. M. Tolbert

Lt. Cmdr. A. Calvo, left, and Hospitalman T. Frasier perform a dental exam aboard aircraft carrier USS Harry S. Truman.

Ergonomics protects office health

TONY C. PRICE JR. Army News Service

FORT BENNING, Georgia — The modern day workforce, or "occupational athletes," can be viewed as the backbone of the working class. As such, special measures should be taken to keep the workers healthy and to prevent as many future problems as possible.

Ergonomics is the science of adapting workplace conditions and job demands to the capability of the worker. The goal of ergonomics is to reduce musculoskeletal disorders, stress and eliminate injuries associated with poor posture.

Proper ergonomics has significant short-term and long-term benefits for the employee and employer. For the employee, self-education will extend the health of their own physical body well into retirement and cut down on health care costs over time. For the employer, proper ergonomics will cut down on health care costs paid by the employers and increase employee

According to a 2011 report by the Bureau of Labor Statistics, musculoskeletal disorders accounted for 33 percent of all work injury and illness cases.

An example of good ergonomic practice would be raising a

surface for someone who is too tall currently using it, or getting a step stool for a person too short to use the exact same surface. The principle is simple: accommodating the workplace to the individual, not the other way around.

In a more common setting where the majority of workers spend their time sitting at a desk and looking at a computer screen, many modifications can be made to the workstation to improve the experience.

As seen in the illustration, this ergonomically correct position places the least amount of stress on the body.

- •The spine and neck are relaxed and neutral to one another,
- about 1.5-2 feet away from the computer monitor.
- •Flexed elbows are at 90 degrees and parallel to the floor. •Arguably, the most important thing of all is the back pos-

ture. Notice how there is lumbar support for the lower back and the seat is at 90 degrees.

Studies show that an angle of 90-110 degrees when sitting progressively unloads the spine, lessening the disk pressure almost equal to that as when standing. If nothing else, this alone will work wonders on posture and protecting the integrity of the back over the years to come so our nation's occupational athletes can be world's best.

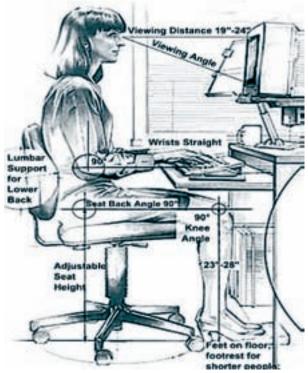


Photo courtesy of Army News Service

Preventing the blister can ease. reduce suffering

VERONIQUE HAUSCHILD

Army Public Health Center

Most of us have experienced the pain of having a friction blis-

Friction blisters form when an object (such as a sock, shoe or strap) is repeatedly moved across the skin with enough force to cause the layers of skin to release heat.

The heat causes redness and a separation, or "cleft," between the outermost layer of the skin and the rest of the skin layers. The cleft fills with fluid causing a raised area on the skin.

They typically form on the toes, feet and ankles, but can also occur on the hands or other places where there is repeated rubbing, such as on the torso from a heavy backpack.

They are sometimes described as "just a blister." However, some blisters become serious and temporarily debilitating. Blisters can restrict activity and limit physical training. In some cases, friction blisters develop into infections that require antibiotics and medical treatment.

As one of the most common injuries among active duty military, friction blisters can have a notable adverse impact to mili-

There are "best practices" for preventing blisters that are recommended by medical professionals. While there is limited scientific evidence validating the effectiveness of most tactics, try what works best for you in avoiding the pesky, but painful, blis-

- •Start slowly and build up to activity to help skin resistancy. •Increase duration and intensity of blister-causing activities
- Use the same shoes or gloves as you increase activity.

- •Use synthetic moisture wicking blends and no cotton.
- Keep skin dry.
- •Synthetic socks made from acrylic, nylon or polyester that ventilate are recommended over cotton socks, especially during long distance marching or running.

 Some advocate wearing a double layer of socks (non-cotton), since a second layer stops the first from rubbing against the skin. However, others prefer a single layer loop-stitched sock, as less heat is generated than with two layers. Scientific evidence does not clearly indicate which is best; this may vary with individual risk factors.

Shoes

- •Ensure proper fit and maintenance.
- •Minimize contact between your foot and shoe.
- •Make sure toes do not touch the end of your shoe while walking, and consider a wide toe box with room for toes to wiggle.
- •Purchase shoes later in the day since foot size may swell half
- a size throughout the day or after activity. •Do not leave shoes or boots on radiators or near heaters that

Taping and skin coverings

can cause shrinkage.

•Zinc Oxide tape has been anecdotally reported in running communities to prevent blisters from forming or minimizing further injury to an existing blister.

 Other products referred to as "blister plasters" will expand in response to friction and thus protect the area from blisters forming or getting worse.

Insoles

Less or no supporting scientific evidence exists.

- A closed-cell neoprene insole was found to reduce the incidence of blisters in U.S. Coast Guard recruits.
- Anecdotal reports suggest properly fitting insoles can reduce blisters, though ill-fitting insoles can increase them.

Coatings Reduce friction with various coating products:

- Inexpensive products, such as petroleum jelly, used to coat areas to reduce friction and prevent chafing and blisters have been commonly advocated by various athletes to prevent blisters on feet, under arms, bra straps or between legs.
- While prior study suggested antiperspirants may reduce blisters, there is a risk of skin irritation, so it is not specifically recommended.

Potentially less irritating coatings include products such as "Vaseline," or of more recent popularity, longer lasting non-oily coatings such as "BodyGuide." Anecdotal reports suggest these products prevent blisters without causing skin reactions, but no scientific study has validated their effectiveness.

(Note: Hauschild is an environmental scientist, Army Public

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